



SMART GOALS FOR KIDS

Achievable

What steps are you going to take to achieve this goal?

Specific

Explain in detail: Who? What? Where? Why? When? How?

Relevant

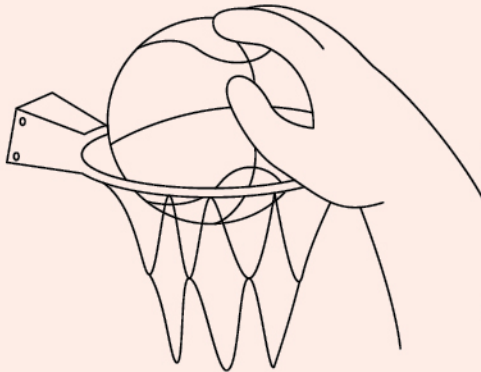
Is your goal realistic?

Measurable

How to measure your goal:
How much? How many?

Timely

Set a time frame for when you want this goal to be accomplished



Now it's your turn to make a SMART goal that you would like to achieve this year. Reference the descriptions above as you fill in the blanks below.

MY GOAL

My goal is to: _____

Date completed: _____

I will achieve this by: _____

Name: _____ Date: _____

Use the following sheet to guide you through the steps of making SMART goals.

S
Specific

What exactly
is the goal
you want to
accomplish?

M
Measurable

How will you
track your
progress?

A
Achievable

Plan how you
can achieve
the goal.

R
Relevant

Why do
you want to
accomplish
this goal?

T
Timely

When can
you achieve
this by?
